

Prescription Drug Abuse

Antoinette Brown, R.Ph.

Rx Abuse Stakeholders Chairman



11th Annual Methamphetamine & Substance Abuse Conference
April 24, 2014

What is Rx Abuse?

- ⌘ Prescription medications that are taken for reasons or in ways not intended by a medical professional, or taken by someone other than the person for whom they were prescribed.¹
- ⌘ Medications are taken in large doses to achieve a euphoric effect or to reduce withdrawal symptoms.²

⌘ 1 Drug Facts: Prescription and Over-the-Counter Medications. (May 2013). National Institution for Drug Abuse. Retrieved March 20, 2014 from <http://www.drugabuse.gov/publications/drugfacts/prescription-over-counter-medications>.

⌘ 2 Injury Prevention & Control. Policy Impact: Prescription Painkiller Overdoses. (July 2, 2013). Centers for Disease Control and Prevention. Retrieved March 20, 2014 from <http://www.cdc.gov/homeandrecreationalafety/rxbrief/>.

What is Rx Misuse?

- ✎ Not following medical instructions, but the person taking the drug is not looking to “get high” or abuse the drug but is trying to treat a condition or symptom.
- A person takes a sleeping pill but they can't fall asleep so they take another pill an hour later.
 - A person offers their prescription medication used to treat back pain to a friend who has similar pain.
 - A person has an old prescription for a muscle relaxant when they hurt their back and now wants to use it for a small spasm in their neck.

How do Deaths Occur?

- ☞ A person who is abusing prescription painkillers might take larger doses to achieve a euphoric effect and reduce withdrawal symptoms. These larger doses can cause breathing to slow down so much that breathing stops, resulting in a fatal overdose.³
- ☞ About one-half of prescription painkiller deaths involve at least one other drug, including benzodiazepines, cocaine, and heroin. Alcohol is also involved in many overdose deaths.⁴

☞ 3 Injury Prevention & Control. Policy Impact: Prescription Painkiller Overdoses. (July 2, 2013). Centers for Disease Control and Prevention. Retrieved March 20, 2014 from <http://www.cdc.gov/homeandrecreationalafety/rxbrief/>.

☞ 4 CDC. Warner M, Chen LH, Makuc DM. Increase in fatal poisonings involving opioid analgesics in the United States, 1999-2006. NCHS Data Brief;22 Sept 2009. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/nchs/data/databriefs/db22.pdf>

National Statistics

- ☞ Drug overdose death rates in the United States have more than tripled since 1990 and have never been higher. In 2008, more than 36,000 people died from drug overdoses, and most of these deaths were caused by prescription drugs.⁵
- ☞ In 2010, 2 million people reported using prescription painkillers non-medically for the first time within the last year.⁶

☞ 5. CDC. Vital Signs: Overdoses of Prescription Opioid Pain Relievers—United States, 1999-2008. MMWR 2011; 60: 1-6. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecationalsafety/rxbrief/>.

☞ 6. CDC Substance Abuse and Mental Health Services Administration. Results from the 2010 National Survey on Drug Use and Health: volume 1: summary of national findings. Rockville, MD: Substance Abuse and Mental Health Services Administration, Office of Applied Studies; 2011. Retrieved March 20, 2014 and available from URL: <http://oas.samhsa.gov/NSDUH/2k10NSDUH/2k10Results.htm#2.16> or URL: <http://www.cdc.gov/homeandrecationalsafety/rxbrief/>.

National Statistics Cont.

☞ Past year nonmedical users of psychotherapeutic drugs were asked how they obtained the drugs they most recently used non-medically. Rates averaged across 2011 and 2012 show that more than one half (54%) of the nonmedical users of pain relievers, tranquilizers, stimulants, and sedatives aged 12 or older got the prescription drugs they most recently used "from a friend or relative for free."⁷

☞ ⁷ Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings. U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Behavioral Health Statistics and Quality. (September 2013). Illicit Drug Use. Source of Prescription Drugs. Retrieved March 20, 2014 from: <http://samhsa.gov/data/NSDUH/2012SummNatFindDetTables/NationalFindings/NSDUHresults2012.htm#ch2.16>.

National Statistics Cont.

- ✎ About 4 in 5 of these nonmedical users who obtained prescription drugs from a friend or relative for free indicated that their friend or relative had obtained the drugs from one doctor.⁸
- ✎ Nearly 1 in 5 (19.7%) of nonmedical users obtained prescription drugs through a prescription from one doctor. Another 10.9% bought them from a friend or relative.⁹

✎

8 & 9 Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings. U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Behavioral Health Statistics and Quality. (September 2013). Illicit Drug Use. Source of Prescription Drugs. Retrieved March 20, 2014 from:

<http://samhsa.gov/data/NSDUH/2012SummNatFindDetTables/NationalFindings/NSDUHresults2012.htm#ch2.16>.

National Statistics Cont.

- ❧ 4% of these nonmedical users in 2011-2012 took pain relievers from a friend or relative without asking.¹⁰
- ❧ An annual average of 4.3% got pain relievers from a drug dealer or other stranger; 1.8% got pain relievers from more than one doctor; 0.8% stole pain relievers from a doctor's office, clinic, hospital, or pharmacy; 0.2% bought the pain relievers on the Internet and 5.1% got pain relievers by writing fake prescriptions, or in "some other way."¹¹

❧ 10 & 11 Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings. U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Behavioral Health Statistics and Quality. (September 2013). Illicit Drug Use. Source of Prescription Drugs. Retrieved March 20, 2014 from: <http://samhsa.gov/data/NSDUH/2012SummNatFindDetTables/NationalFindings/NSDUHresults2012.htm#ch2.16>.

National Statistics Cont.

- ✎ About 1 in 20 of these past year nonmedical users of pain relievers (5.4%) reported that the friend or relative got the pain relievers from another friend or relative for free.¹²
- ✎ 4.1% reported that the friend or relative bought the pain relievers from a friend or relative.¹³
- ✎ 1.4% reported that the friend or relative bought the pain relievers from a drug dealer or other stranger.¹⁴

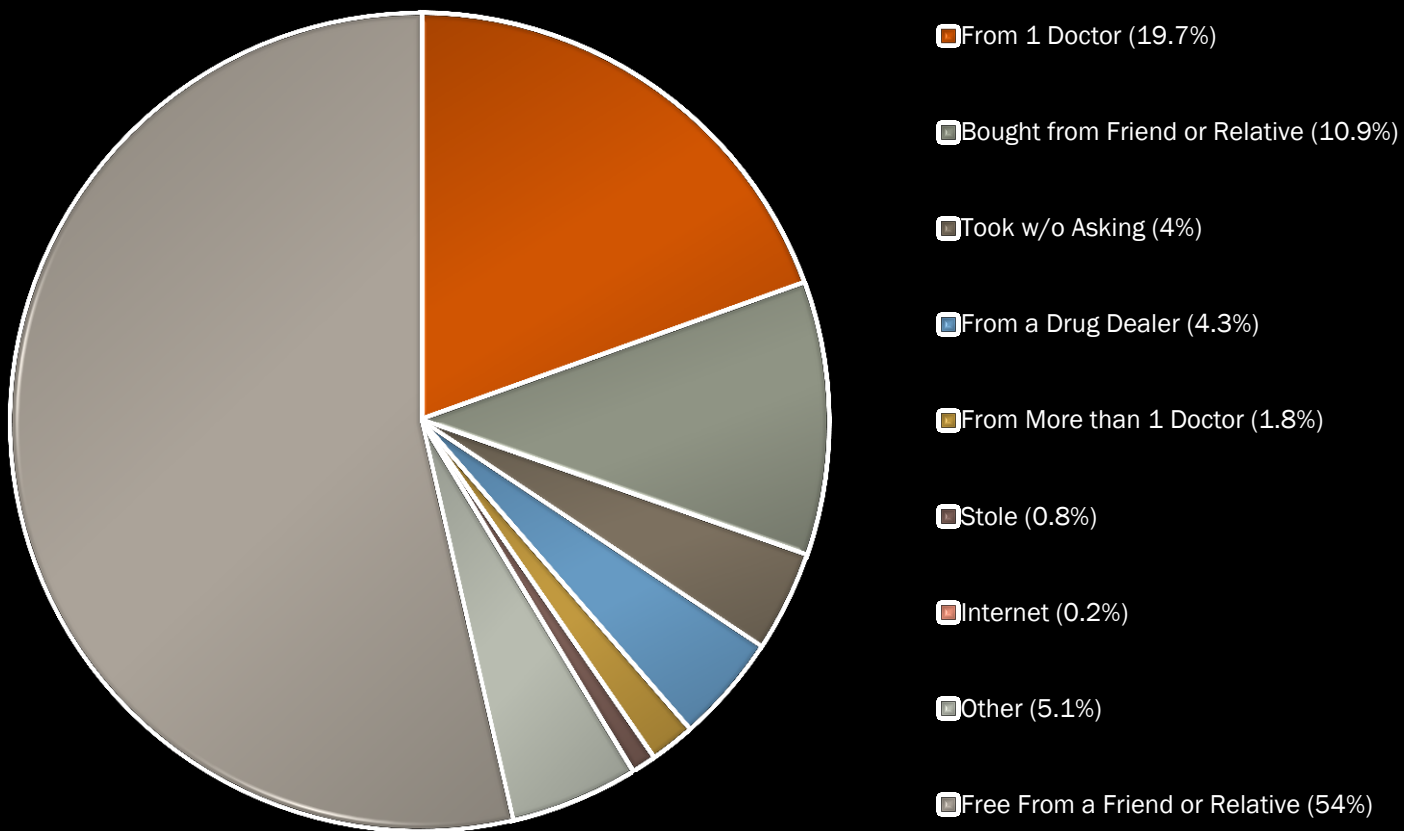
✎ 12, 13 & 14 Results from the 2012 National Survey on Drug Use and Health: Summary of National Findings. U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Behavioral Health Statistics and Quality. (September 2013). Illicit Drug Use. Source of Prescription Drugs. Retrieved March 20, 2014 from: <http://samhsa.gov/data/NSDUH/2012SummNatFindDetTables/NationalFindings/NSDUHresults2012.htm#ch2.16>.

National Statistics Cont.

- ✎ 1.3% reported that the friend or relative took the pain relievers from another friend or relative without asking.¹⁵
- ✎ 0.2% reported that the friend or relative bought the pain relievers on the Internet.¹⁶
- ✎ Other sources include getting the pain reliever from one doctor (82.2%), getting the pain reliever from more than one doctor (3.6%) or from another source (1.8%).¹⁷

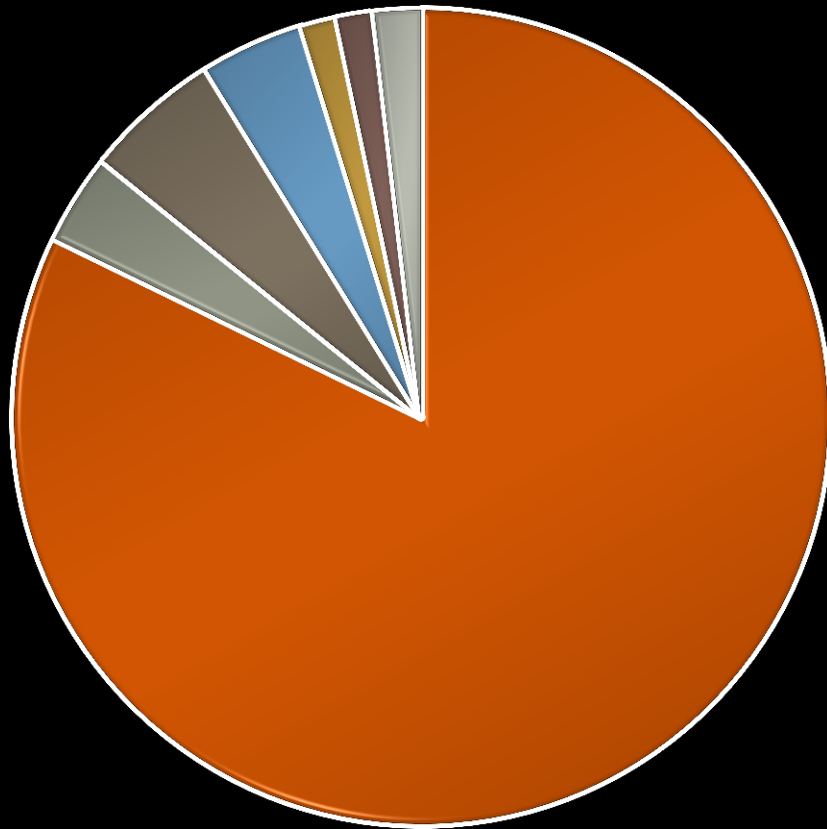
Summary of National Statistics

How Rx Drugs Were Obtained



Summary of National Statistics

Friends & Relatives



- From 1 Doctor (82.2%)
- From More than 1 Doctor (3.6%)
- From Another Friend or Relative for Free (5.4%)
- Bought From Another Friend or Relative (4.1%)
- From a Drug Dealer or Stranger (1.4%)
- Took From Another Friend or Relative w/o Asking (1.3%)
- Internet (0.2%)
- Other (1.8%)

Wyoming Statistics

- ✎ Up until about 2008 DCI hardly ever, if ever, investigated a prescription case.¹⁸
- ✎ For calendar year 2013, prescription cases were 21% of the Division of Criminal Investigation's (DCI) drug enforcement case load. This is a slight increase from the past couple of years.¹⁹

Wyoming Statistics Cont.

- ❧ DCI investigations are not user cases. In other words, DCI is not targeting people that are just using, they are targeting those people that are diverting, distributing, selling, etc.²⁰
- ❧ Hydrocodone continues to be the most abused prescription controlled substance in the state.²¹

❧ 20 K. Haller, personal communication, March 13, 2014.

❧ 21 D. Wills, personal communication, March 24, 2014.

Wyoming Statistics Cont.

- ❧ DCI's heroin investigations for 2013 were 12% of their drug enforcement case load. It is believed that 100% of DCI's heroin cases are the direct result of individuals having previously abused, diverted, and selling prescription controlled substances.²²
- ❧ Americans ages 12 to 49 who illegally use prescription drugs are 19 times more likely than others in their age group to begin using heroin.²³

❧ ²² K. Haller, personal communication, March 13, 2014.

❧ ²³ Join Together Staff. (2013, September 4). Prescription Pain Killer Abuse Linked With Increased Heroin Use. The Partnership at Drug Free. Org. Retrieved March 20, 2014 from: <http://www.drugfree.org/join-together/drugs/prescription-painkiller-abuse-linked-with-increased-risk-of-heroin-use>.

Wyoming Statistics Cont.

- ❧ DCI is seeing that the method of use is across the board. As with any other drug, users will perform any manner to ingest the drug of their choice to get high (snort, inject, eat, drink, insert anally, etc.).²⁴
- ❧ Between the years 2004-2005 five people in WY died due to accidental overdoses of prescription medication. From 2006-2007 that number increased to 28 people, in 2008-2009 that number increased to 45 people and in 2010-2011 the number increased to 69 people in WY died due to accidental overdoses of prescription medication.²⁵

❧ ²⁴ K. Haller, personal communication, March 13, 2014.

❧ ²⁵ Wyoming Vital Statistics. 2013

Who is at Risk?

☞ People who obtain multiple controlled substance prescriptions from multiple providers—a practice known as “doctor shopping.”^{25, 26}

☞ 25 CDC. White AG, Birnbaum HG, Schiller M, Tang J, Katz NP. Analytic models to identify patients at risk for prescription opioid abuse. Am J of Managed Care 2009;15(12):897-906. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalsafety/rxbrief/>.

☞ 26 CDC. Hall AJ, Logan JE, Toblin RL, Kaplan JA, Kraner JC, Bixler D, et al. Patterns of abuse among unintentional pharmaceutical overdose fatalities. JAMA 2008;300(22):2613-20. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalsafety/rxbrief/>.

Who is at Risk?

☞ People who take high daily dosages of prescription painkillers and those who misuse multiple abuse-prone prescription drugs. 27, 28, 29, 30, 31

- ☞ 27 CDC Hall AJ, Logan JE, Toblin RL, Kaplan JA, Kraner JC, Bixler D, et al. Patterns of abuse among unintentional pharmaceutical overdose fatalities. JAMA 2008;300(22):2613-20. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalsafety/rxbrief/>.
- ☞ 28 CDC Green TC, Graub LE, Carver HW, Kinzly M, Heimer R. Epidemiologic trends and geographic patterns of fatal opioid intoxications in Connecticut, USA: 1997–2007. Drug and Alcohol Dependence 2011;115:221-8. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalsafety/rxbrief/>.
- ☞ 29 CDC Paulozzi LJ, Logan JE, Hall AJ, McKinstry E, Kaplan JA, Crosby AE. A comparison of drug overdose deaths involving methadone and other opioid analgesics in West Virginia. Addiction 2009;104(9):1541-8. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalsafety/rxbrief/>.
- ☞ 30 CDC Dunn KM, Saunders KW, Rutter CM, Banta-Green CJ, Merrill JO, Sullivan MD, et al. Opioid prescriptions for chronic pain and overdose: a cohort study. Ann Intern Med. 2010;152(2):85-92. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalsafety/rxbrief/>.
- ☞ 31 CDC Bohnert AS, Valenstein M, Bair MJ, Ganoczy D, McCarthy JF, Ilgen MA, et al. Association between opioid prescribing patterns and opioid overdose-related deaths. JAMA 2011;305(13):1315-1321. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalsafety/rxbrief/>.

Who is at Risk?


- ☞ People with mental illness and those with a history of substance abuse. ³²
- ☞ Low-income people and those living in rural areas.
 - People on Medicaid are prescribed painkillers at twice the rate of non-Medicaid patients and are at six times the risk of prescription painkillers overdose. ^{33, 34}

☞ 32 CDC Bohnert AS, Valenstein M, Bair MJ, Ganoczy D, McCarthy JF, Ilgen MA, et al. Association between opioid prescribing patterns and opioid overdose-related deaths. JAMA 2011;305(13):1315-1321. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalafety/rxbrief/>.

☞ 33 CDC. Overdose deaths involving prescription opioids among Medicaid enrollees-Washington, 2004-2007. MMWR. 2010;59:705-9. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalafety/rxbrief/>.

☞ 34 CDC Braden JB, Fan MY, Edlund MJ, Martin BC, DeVries A, Sullivan MD. Trends in use of opioids by noncancer pain type 2000-2005 among Arkansas Medicaid and HealthCore enrollees: results from the TROUP study. J Pain 2008;9(11):1026-1035. Retrieved March 20, 2014 and available from URL: <http://www.cdc.gov/homeandrecreationalafety/rxbrief/>.

Rx Abuse Stakeholders

 The Wyoming Rx Abuse Stakeholders (RAS) is comprised of representatives of the health care community, law enforcement, government and community members in Wyoming to prevent the increasing abuse of prescription medications while ensuring that they remain available for patients in need. We seek to help doctors, nurses, pharmacists, other healthcare professionals, law enforcement and the general public become more aware of both the use and abuse of prescription medication. And we seek to improve the regulatory framework to ensure that prescription medications are available to the patients who need them while preventing these drugs from becoming a source of harm or abuse.

Rx Abuse Stakeholders

- Division of Criminal Investigation
- GFWC Women's Civic League of Cheyenne
- Prevention Management Organization of Wyoming
- Recover Wyoming
- US Attorney's Office
- UW School of Pharmacy
- Wyoming Attorney General's Office
- Wyoming County Coroner's Association
- Wyoming Department of Health
- Wyoming State Board of Dentistry
- Wyoming State Board of Medicine
- Wyoming State Board of Nursing
- Wyoming State Board of Pharmacy

Rx Abuse Stakeholders

- ✧ GFWC Women's Civic League of Cheyenne
 - Provided funding and manpower for the 2012 fall conference held at the University of Wyoming on prescription drug abuse.
 - Funded the printing and distribution of educational bookmarks in Laramie County.
 - Provided information on the proper storage & disposal of medications.
 - Provided information on where to find drop box locations across the state.

Rx Abuse Stakeholders

- ∞ Prevention Management Organization of Wyoming
 - Funded the printing and distribution of educational bookmarks in 18 counties across the state.
 - Provided funding and support so that each county in the state has a medication drop box location.

Rx Abuse Stakeholders

Recover Wyoming

- Advocates for persons in recovery and mobilizes resources to aid them, their families and allies to increase the occurrence and quality of long-term recovery from addiction. Through recovery promotion and education, *Recover Wyoming* work with communities and organizations to advocate that all people seeking and in recovery are treated with dignity and respect.³⁴

³⁴ Recover Wyoming Mission Statement. (2011). Retrieved on March 13, 2014 from: <http://www.recoverwyoming.org/aboutus.html>.

Rx Abuse Stakeholders

- ✎ Wyoming Department of Health
 - Website development
 - Medicaid statistics & initiatives
 - Medication Donation Program
 - Grant funding (Substance Abuse Awareness)
 - Education & resources of information
 - Pharmacy Lock-In Program

Rx Abuse Stakeholders

∞ Wyoming Board of Pharmacy

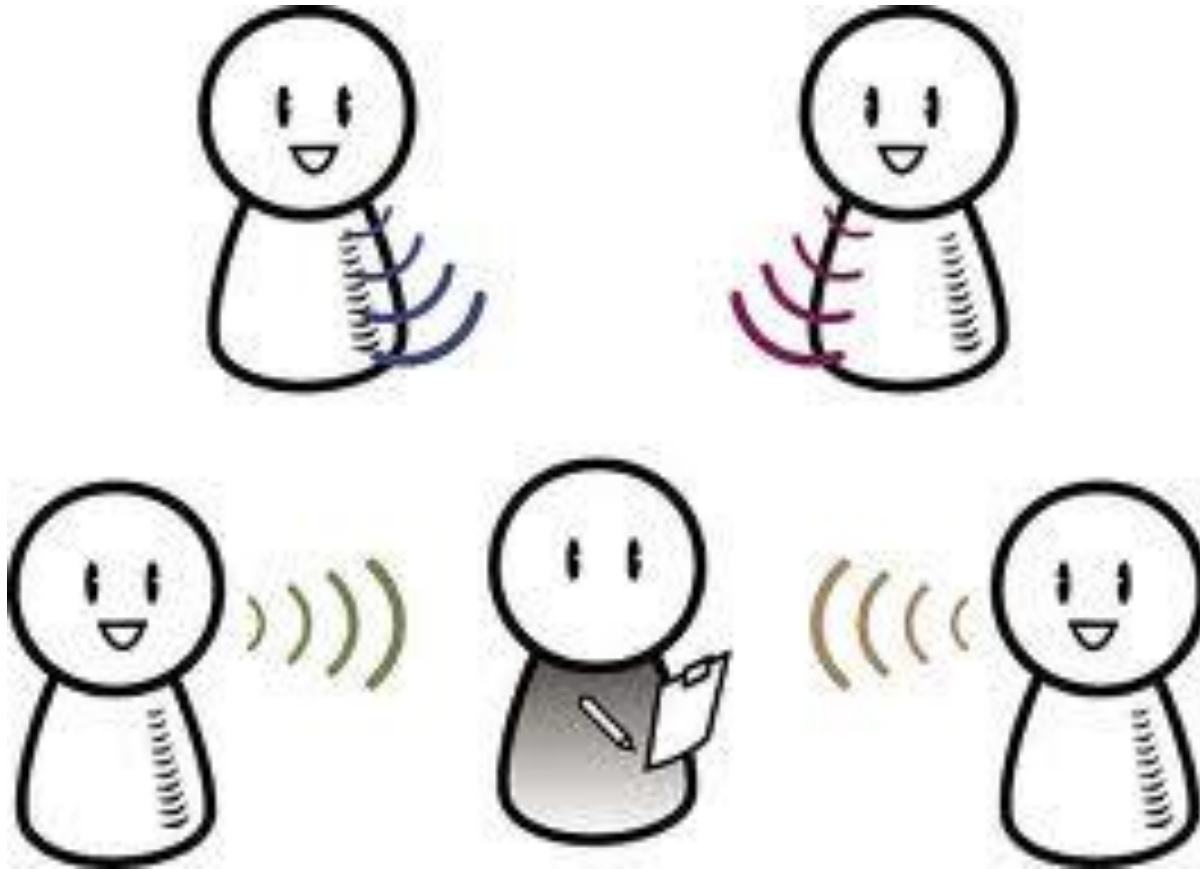
- Prescription Drug Monitoring Program (WORx) statistics
 - 40-50 requests/day for reports.³⁵
 - Pharmacists are the top requesters for reports followed by MDs, APRNs, Physician Assistants, DOs, then Nurse Practitioners.³⁶
- Legislative updates
- Education & collaboration with multiple organizations and agencies across the state.

∞ 35 D. Wills, personal communication, March 13, 2014.

∞ 36 D. Wills, personal communication, March 13, 2014.

How Can the RAS Help?

Please provide your input on the worksheet provided.



Resources

- ⌘ <http://pharmacyboard.state.wy.us/>
- ⌘ <http://pmowyo.org/>
- ⌘ <http://www.health.wyo.gov/healthcarefin/pharmacy/index.html>
- ⌘ <http://www.health.wyo.gov/healthcarefin/pharmacy/MedDonationInventoryList.html>
- ⌘ <http://www.health.wyo.gov/mhsa/index.html>
- ⌘ <http://wyomedboard.state.wy.us/>

Resources

- ⌘ <http://www.drugfree.org/>
- ⌘ <http://www.cdc.gov/>
- ⌘ <http://www.childrenssafetynetwork/>
- ⌘ <http://www.wordscanwork.com/>
- ⌘ <http://www.samhsa.gov/>
- ⌘ <http://www.recoverwyoming.org/>